

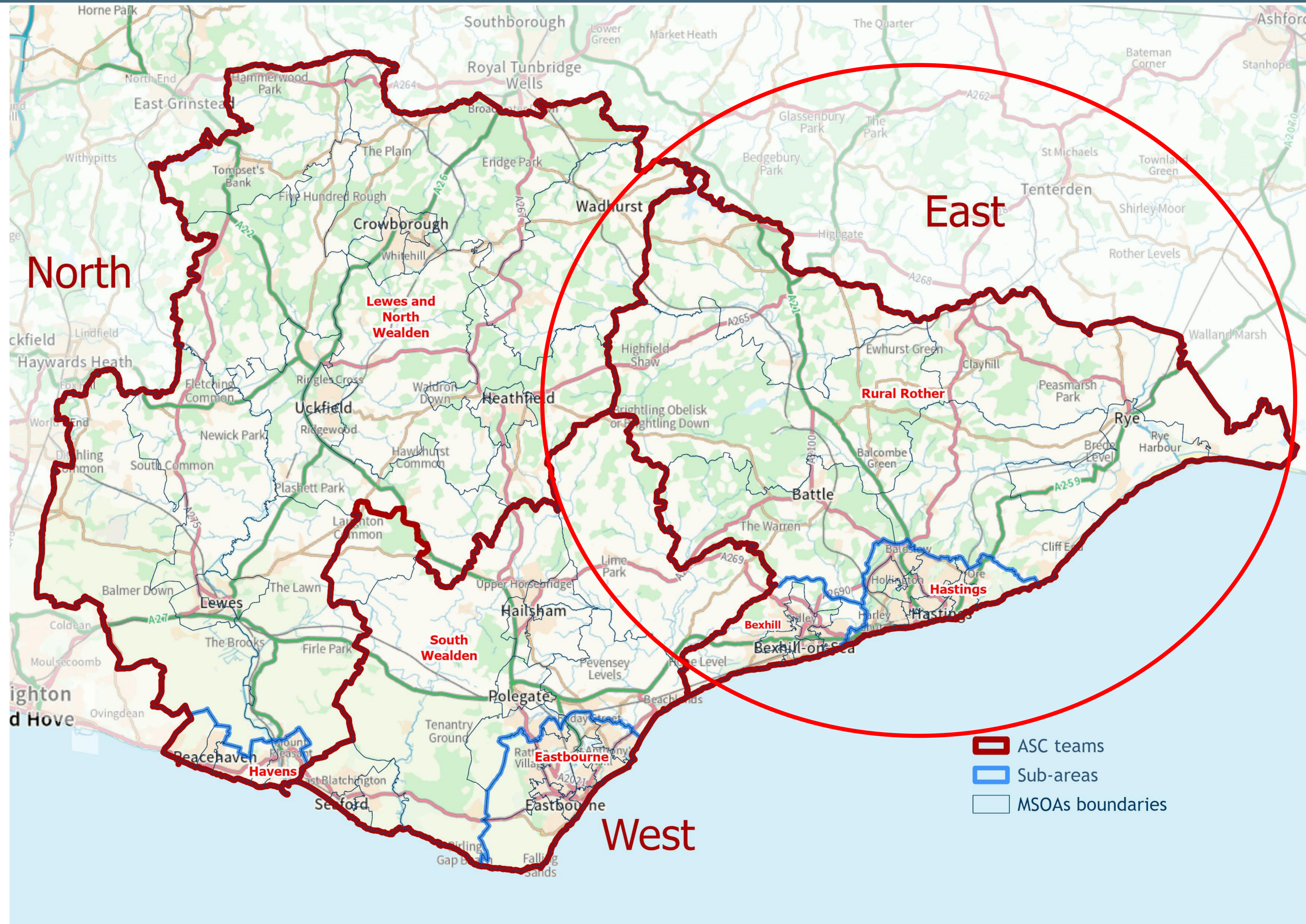
Adult Social Care Population Profile

East profile

Developed by Public Health Intelligence Team

Version 2.3 March 2026

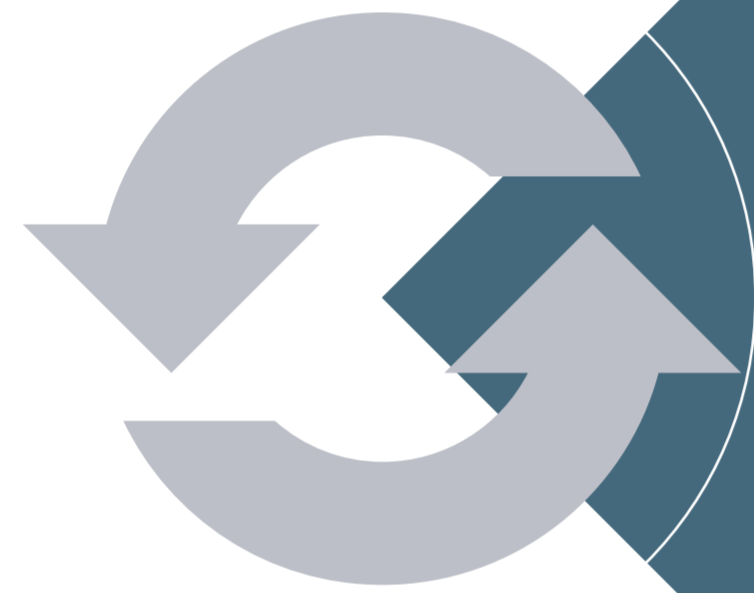
East Profile



Introduction



This profile has been produced by the Public Health Intelligence team.



A lot of the data has been sourced from the 2021 Census, which is updated every ten years, but other more recent data will be refreshed in this pack more frequently.



You can find more information about populations in East Sussex from [East Sussex in Figures](#) which has data, profiles and reports that go into more detail on many of the topics contained in this profile.

Key findings

Hastings has....

- the highest levels of deprivation
- the second highest % ethnically minoritised

Bexhill has...

- the oldest age profile
- the highest % disabled, whose day-to-day activities are limited a little or a lot
- the highest % unpaid carers
- the highest % veterans
- the highest % older people living alone

In East Sussex

Contents

- Current population
- Future population
- Rurality
- Key equalities demographics
- Ethnic diversity
- Language
- Disability
- Unpaid carers
- Veterans
- People living alone
- Areas of deprivation

Populations

Mid-2022 resident population estimates by age band, ONS

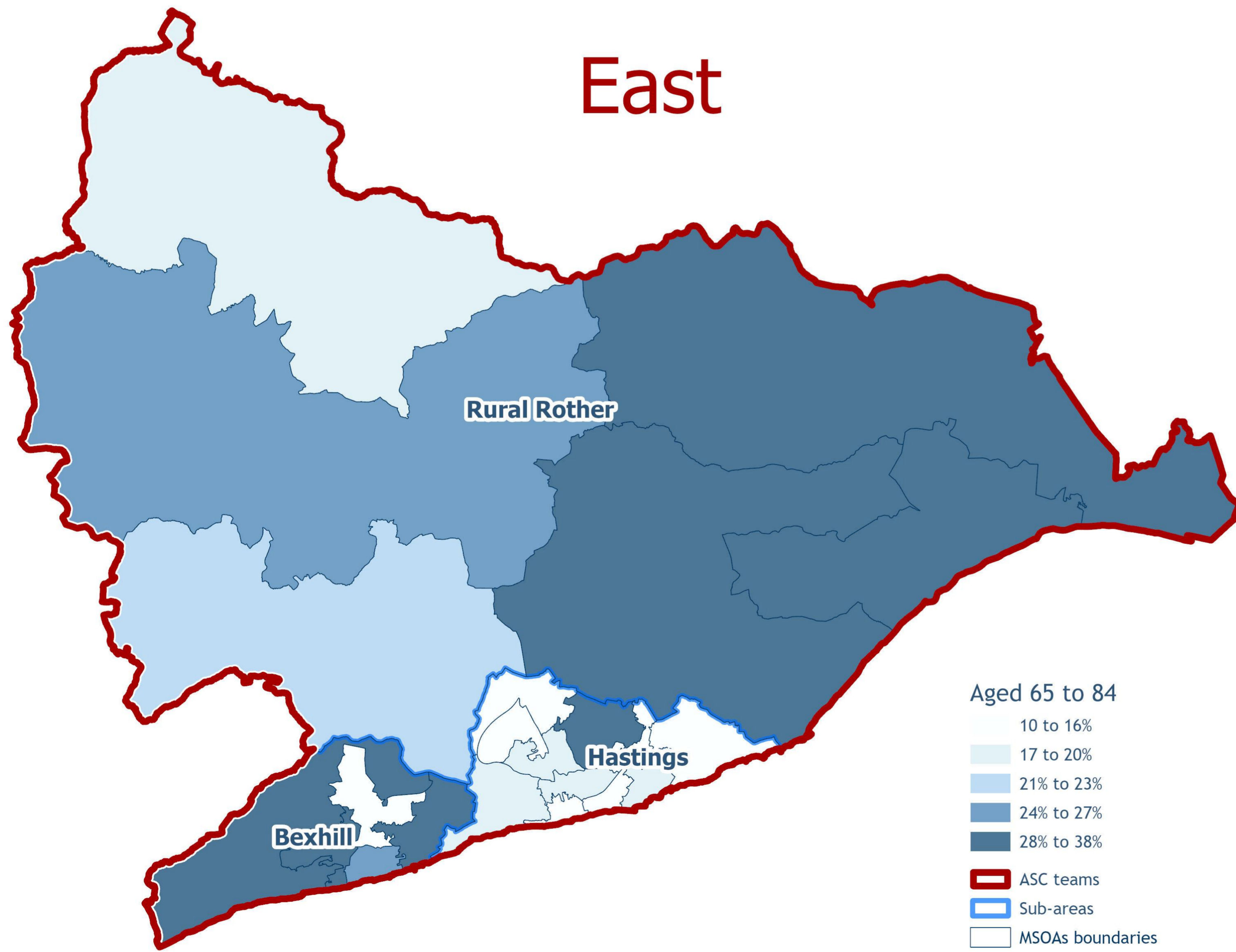
ASC Team	ASC sub-area	0-19		20-64		65-84		85+		All ages
		Number	%	Number	%	Number	%	Number	%	
East	Bexhill	7,695	17%	21,747	48%	12,951	29%	2,647	5.9%	45,040
	Hastings	19,941	22%	51,919	57%	16,385	18%	2,376	2.6%	90,621
	Rural Rother	9,566	19%	24,496	50%	13,118	27%	2,001	4.1%	49,181
East Total		37,202	20%	98,162	53%	42,454	23%	7,024	3.8%	184,842
East Sussex Total		113,289	21%	292,276	53%	124,043	23%	21,399	3.9%	551,007

Older age

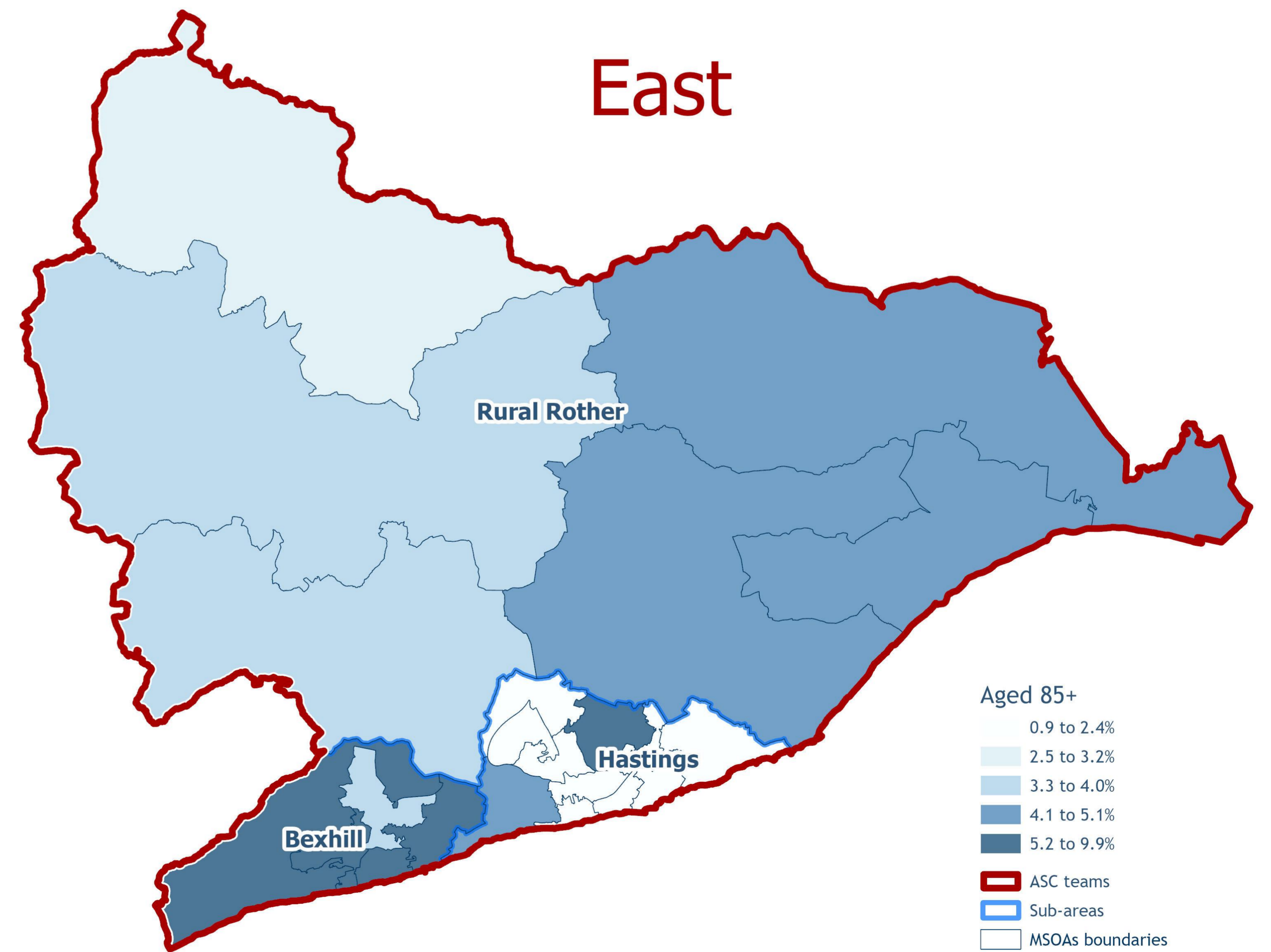
Mid-2022 resident population estimates by age band, ONS

Bexhill has the oldest population profile in East Sussex

Aged 65-84



Aged 85+



Future population

East Sussex Population projections, ESCC. County level only.



Projected older population by age group, 2023-2038

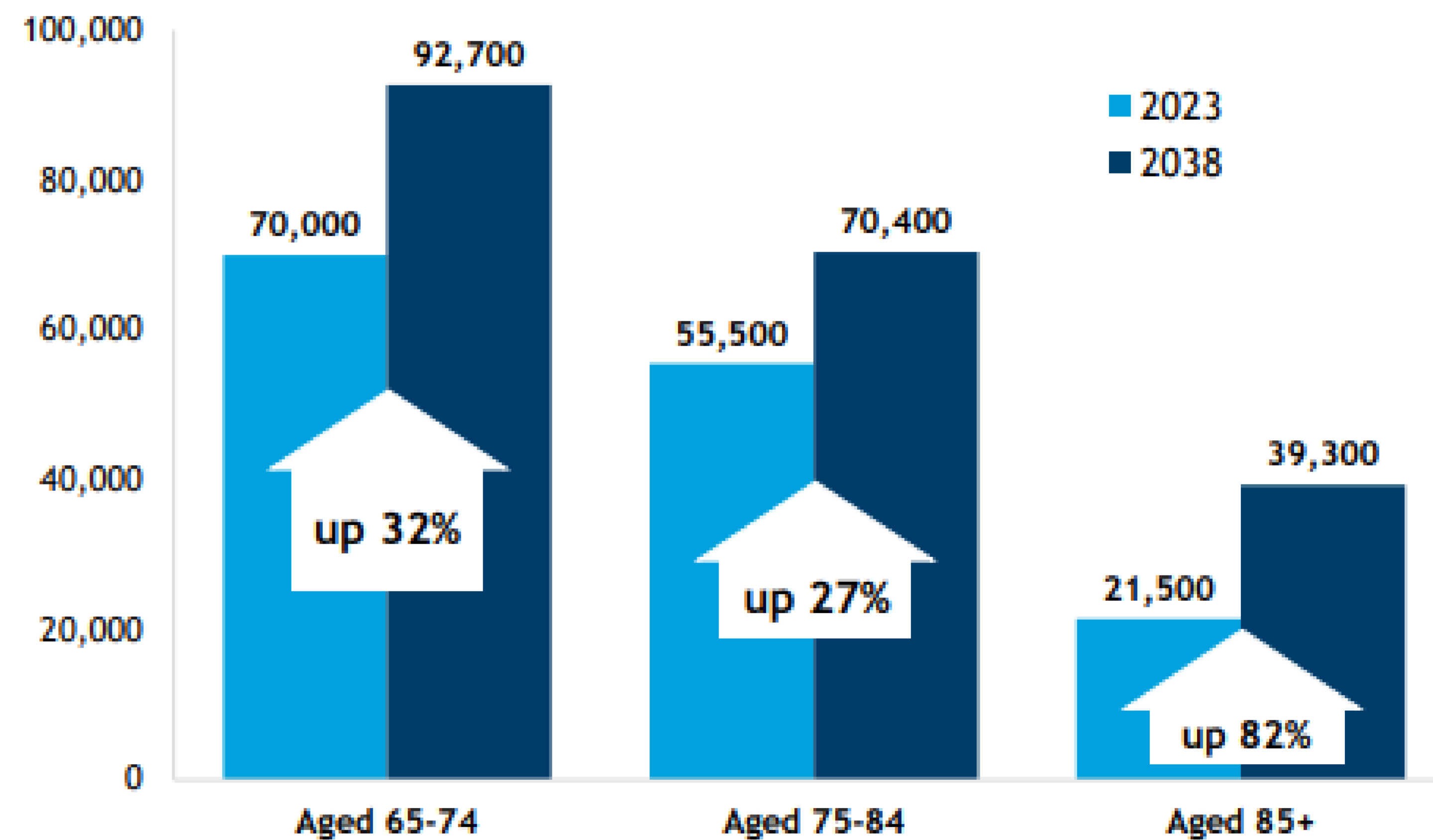
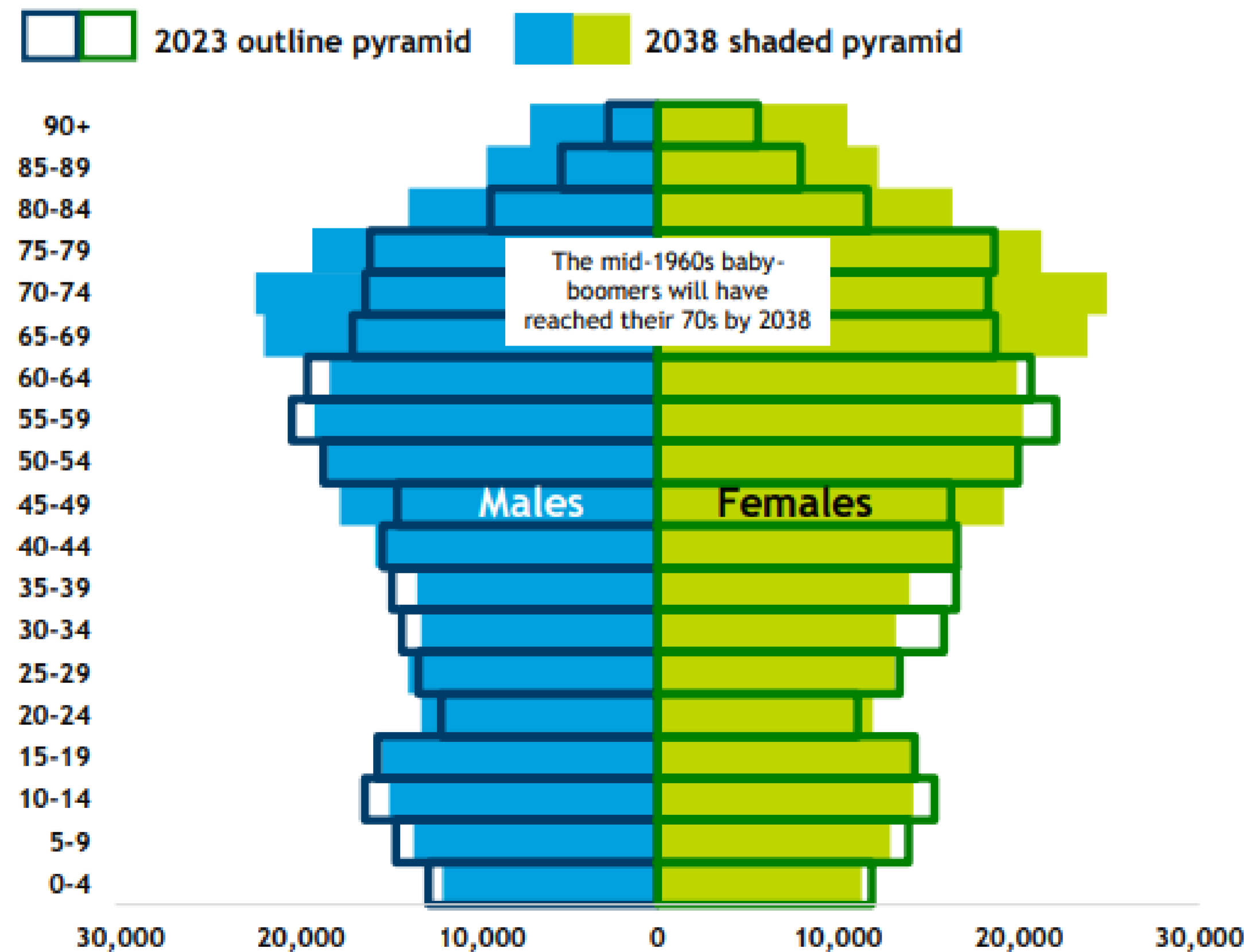


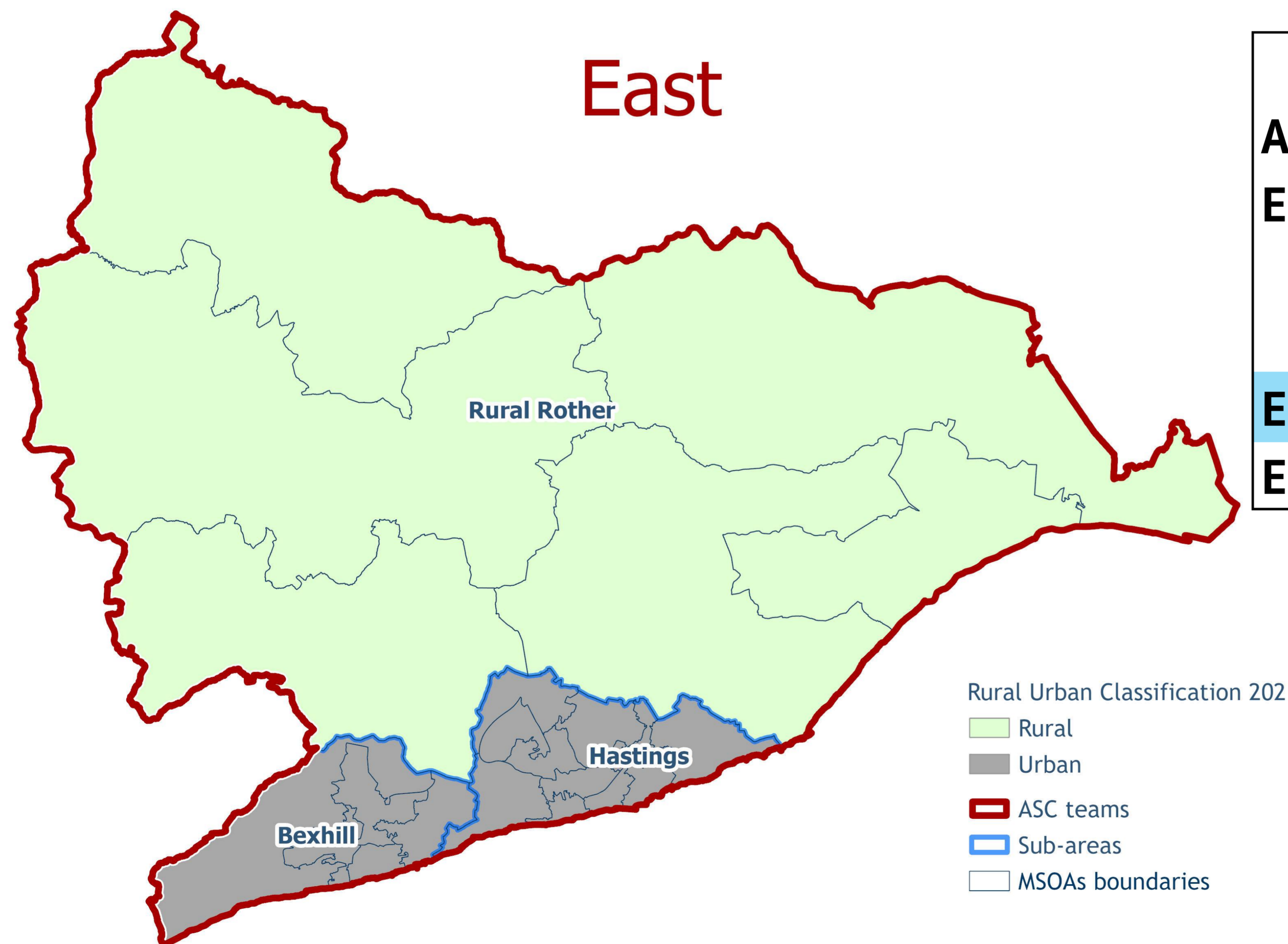
Fig. 1: East Sussex population in 2023 and 2038, by age and sex



[Further info:](#)
[Demographic projections briefing Feb24](#)

Rural Rother has the second largest rural population in East Sussex.

Rural / Urban classifications from 2021 Census, ONS



ASC Team	ASC sub-area	Rural areas Population	%	Urban areas Population	%
East	Bexhill		0%	45,040	100%
	Hastings		0%	90,621	100%
	Rural Rother	49,181	100%		0%
East Total		49,181	27%	135,661	73%
East Sussex Total		121,557	22%	429,450	78%

Key Equalities Demographics

2021 Census data unless otherwise stated

		England	East Sussex	East
Age (2022)	0-19	23%	21%	20%
	20-64	58%	53%	53%
	65+	19%	26%	27%
Ethnicity	Ethnically minoritised	27%	12%	12%
	Asian or Asian British	10%	2%	2%
	Black or Black British	4%	1%	1%
	Mixed or multiple ethnic group	3%	2%	2%
	Arab or any other group	1%	1%	1%
	White Irish or White other	8%	6%	5%
Religion	No religion or belief	37%	45%	46%
	Christian	46%	46%	44%
	Muslim	6.7%	1.1%	1.2%
	Jewish	0.5%	0.2%	0.2%
	Buddhist	0.5%	0.5%	0.5%
	Hindu	1.8%	0.3%	0.4%
	Sikh	0.9%	0.0%	0.0%
	Other religion	0.6%	0.8%	0.7%
Pregnancy & maternity (2024)	Live births		4,252	1,389
Sex (2022)	Female	51.0%	52.0%	52.0%
	Male	49.0%	48.0%	48.0%
Gender identity	Trans*	0.4%	0.3%	n/a
Sexual orientation	LGB+	3.2%	3.3%	n/a
Language	English is not main language	9.2%	3.7%	3.6%
	Do not speak English well	1.6%	0.5%	0.5%
Disability	Disabled	17%	20%	22%
Veterans	Veterans	3.8%	4.6%	4.6%
Marriage / civil partnership	Marriage / civil partnership	45%	47%	44%
	Never married/civil partnership	38%	32%	34%
	Separated	2%	2%	3%
	Divorced/civil partnership dissolved	9%	11%	12%
	Widowed / surviving civil partnership partner	6%	8%	8%
Carers	Unpaid carer	9.0%	9.9%	10.3%

Whilst East Sussex is generally not as diverse as England overall, it has higher % of older people, disabled people, veterans and unpaid carers

Further info:

[East Sussex in Figures – Equalities summary and reports](#)

Ethnic diversity

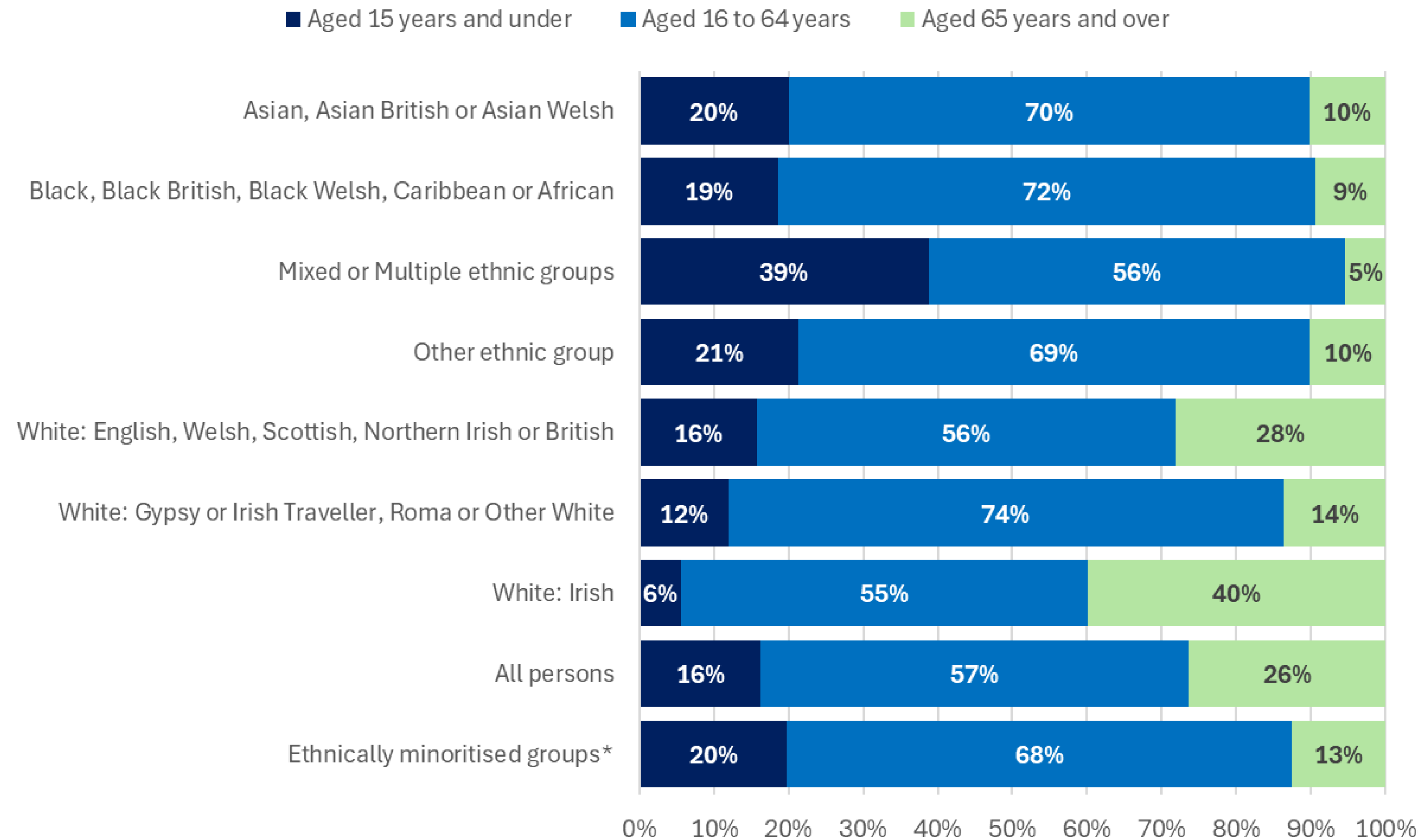
2021 Census, ONS

Ethnic group	Bexhill		Hastings		Rural Rother		East Total	
	Number	%	Number	%	Number	%	Number	%
White: English, Welsh, Scottish, Northern Irish or British	40,246	90.3%	77,418	85.1%	45,117	93.0%	162,781	88.4%
White: Gypsy or Irish Traveller, Roma or Other White	1,304	2.9%	4,995	5.5%	1,545	3.2%	7,844	4.3%
Mixed or Multiple ethnic groups	966	2.2%	2,639	2.9%	737	1.5%	4,342	2.4%
Asian, Asian British or Asian Welsh	958	2.1%	2,534	2.8%	430	0.9%	3,922	2.1%
Other ethnic group	306	0.7%	1,370	1.5%	158	0.3%	1,834	1.0%
Black, Black British, Black Welsh, Caribbean or African	365	0.8%	1,271	1.4%	197	0.4%	1,833	1.0%
White: Irish	429	1.0%	781	0.9%	351	0.7%	1,561	0.8%
All persons	44,574	100.0%	91,008	100.0%	48,535	100.0%	184,117	100.0%
Ethnically minoritised groups*	4,328	9.7%	13,590	14.9%	3,418	7.0%	21,336	11.6%

*Includes all groups other than White: English, Welsh, Scottish, Northern Irish or British

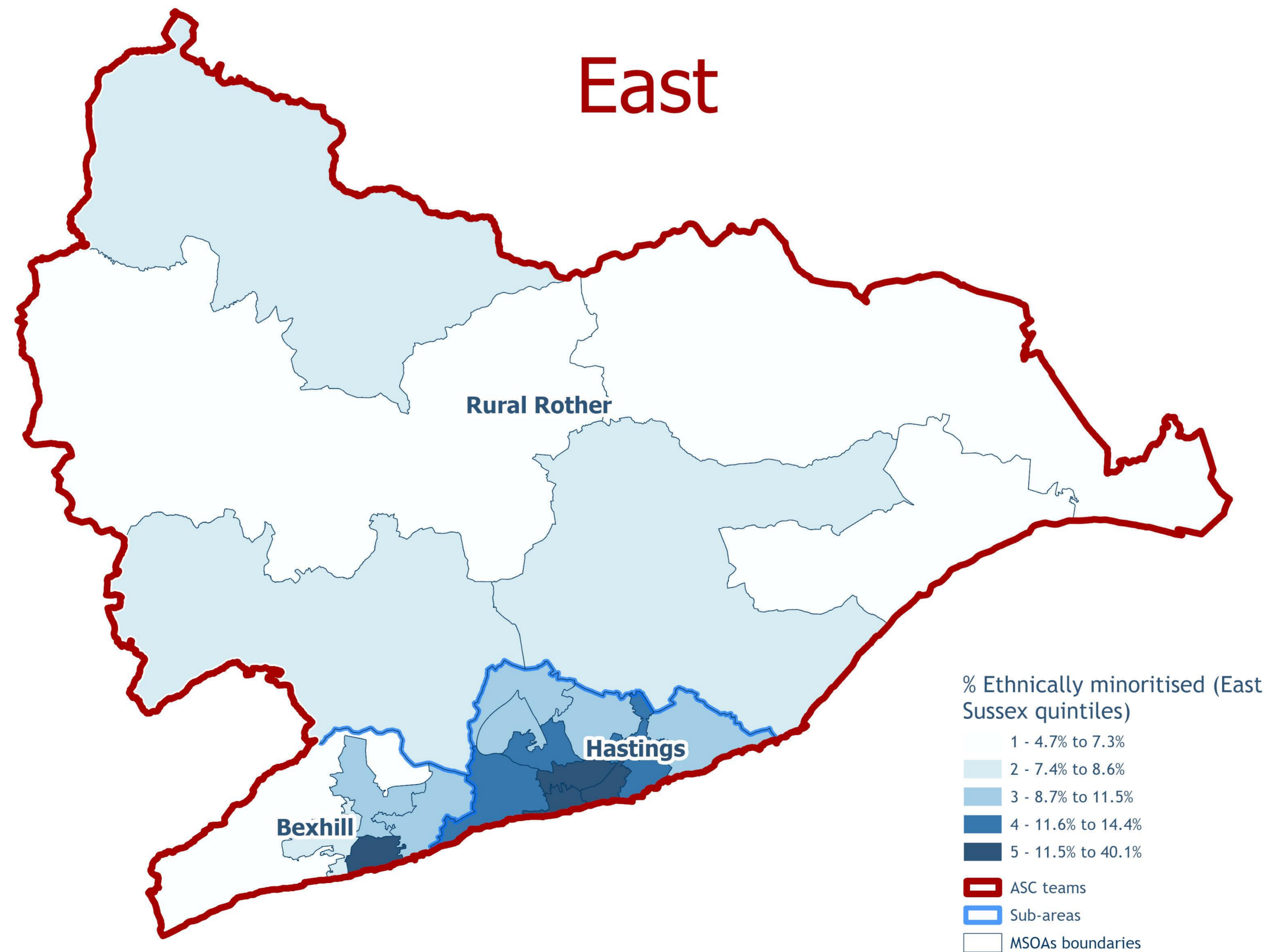
Ethnic diversity by age

East Team data, 2021 Census, ONS



Ethnic diversity map

Ethnically minoritised population*, 2021 Census, ONS



Hastings is the second most ethnically diverse area in East Sussex

Language

2021 Census data, ONS

English proficiency by age group

ASC Team	ASC sub-area	Number who cannot speak English or cannot speak English well by age				% aged 3+
		Aged 3 to 15 years	Aged 16 to 64 years	Aged 65 years and over	All aged 3+	
East	Bexhill	15	92	38	145	0.3%
	Hastings	70	573	109	752	0.9%
	Rural Rother	11	58	15	84	0.2%
East Total		96	723	162	981	0.5%
East Sussex Total		256	2,106	478	2,840	0.5%

10 local areas with highest %

MSOA Name	ASC sub-area	Number	Pop aged 3+	%
Central Hastings	Hastings	156	6,667	2.3%
Central St Leonards	Hastings	174	7,953	2.2%
Braybrooke & Bohemia	Hastings	86	8,132	1.1%
Bexhill Central	Bexhill	82	8,728	0.9%
Hollington	Hastings	53	7,793	0.7%
Ore	Hastings	42	6,824	0.6%
Silverhill	Hastings	51	8,506	0.6%
West St Leonards	Hastings	61	10,415	0.6%
Broomgrove	Hastings	34	6,855	0.5%
Old Hastings	Hastings	33	7,107	0.5%

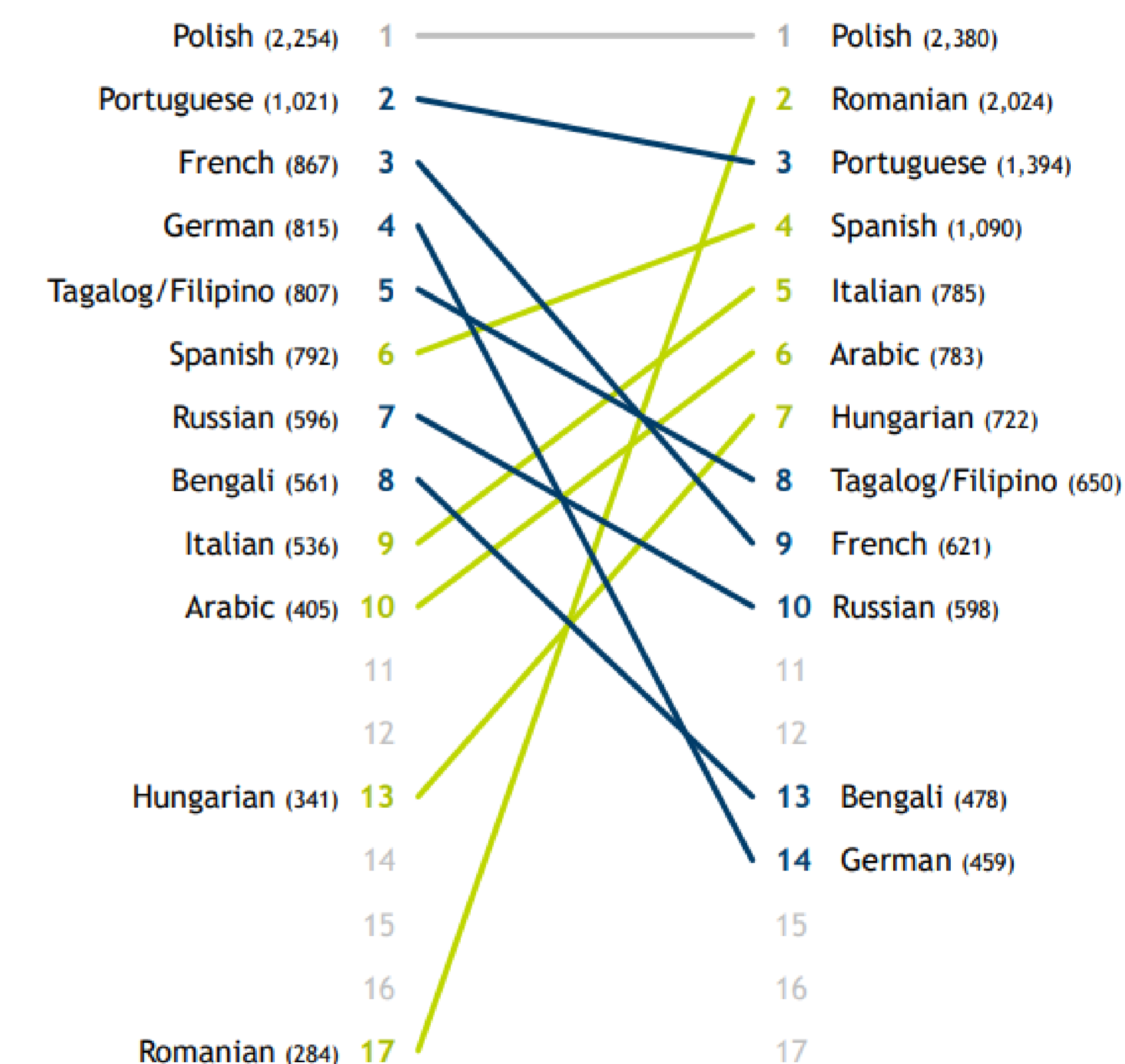
Language 2021 Census

Main language spoken in East Team

Main language	East	
	Number	%
English (English or Welsh if in Wales)	172,674	96.4%
Other European language (EU): Any other European languages	2,259	1.3%
Other European language (EU): Polish	552	0.3%
East Asian language: Any other East Asian languages	448	0.3%
West or Central Asian languages	413	0.2%
Russian	331	0.2%
South Asian language: Any other South Asian languages	330	0.2%
Arabic	284	0.2%
East Asian language: Mandarin, Cantonese and other Chinese languages	276	0.2%
Spanish	224	0.1%
French	190	0.1%
Turkish	170	0.1%
South Asian language: Bengali (with Sylheti and Chatgaya)	163	0.1%
Portuguese	152	0.1%
African languages	142	0.1%
South Asian language: Tamil	127	0.1%
Any other languages (including sign and supported languages)	113	0.1%
Other European languages (non-EU)	107	0.1%
South Asian language: Gujarati	42	0.0%
South Asian language: Urdu	30	0.0%
South Asian language: Panjabi	20	0.0%
Any other UK languages	17	0.0%

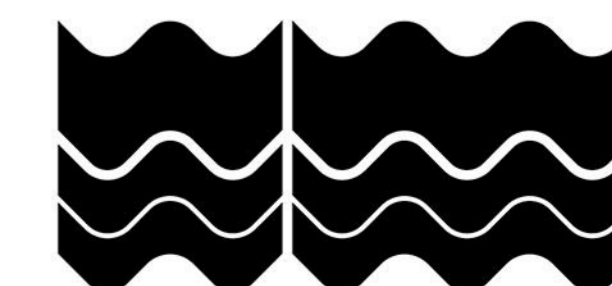
More detail at county level

The top 10 main languages spoken in East Sussex excluding English in 2011 (left) and 2021 (right)



Source: ONS
Note: Bengali includes Sylheti and Chatgaya

ussex
Council

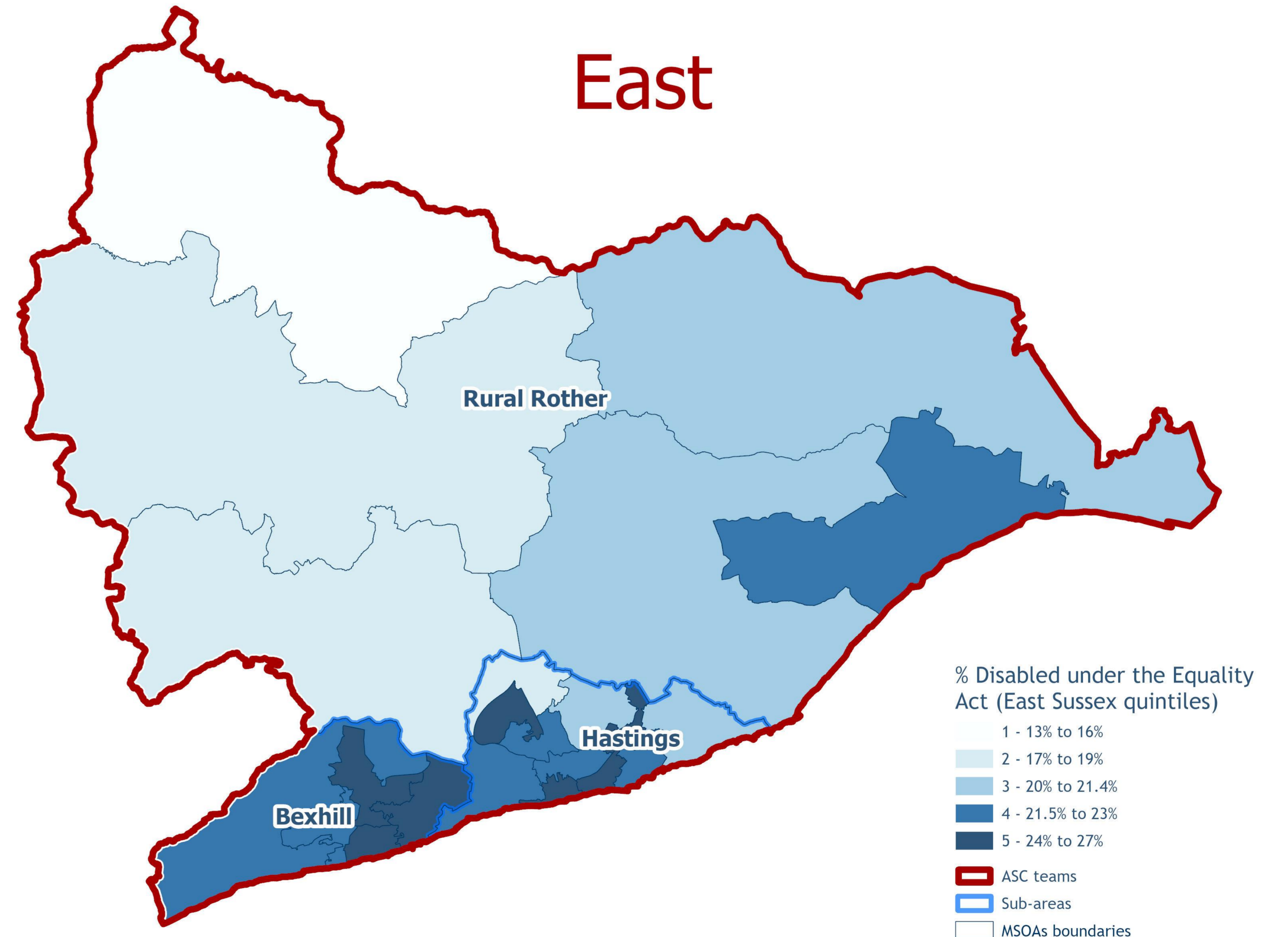


Disability

2021 Census data, ONS

		Disabled: Day-to-day activities limited a lot		Disabled: Day-to-day activities limited a little
ASC Team	ASC sub-area	Number	%	Number
East	Bexhill	4,628	10%	6,259
	Hastings	8,975	10%	11,550
	Rural Rother	3,674	8%	5,573
East Total		17,277	9%	23,382
East Sussex Total		45,189	8%	65,352

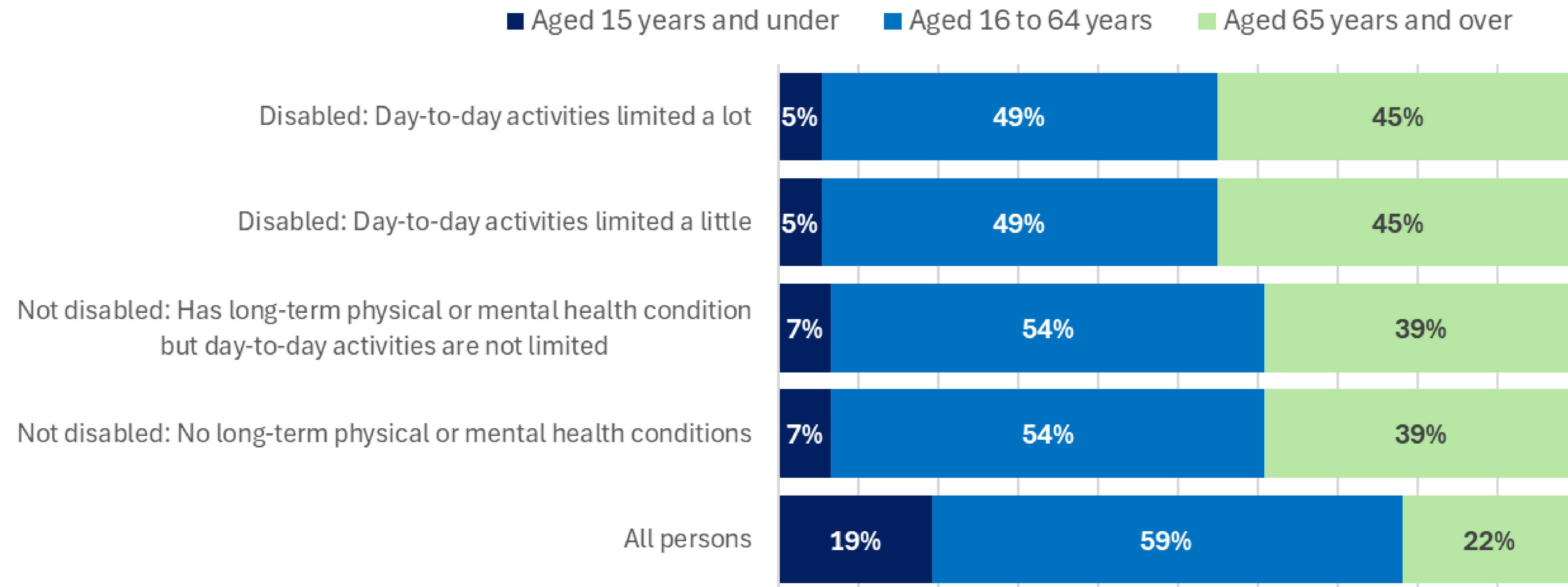
Bexhill and Hastings have the highest rates of disabled people in East Sussex



[East Sussex 2021 Census Briefing: Disability](#)

Disability by age

East Team data, 2021 Census data, ONS



Unpaid carers

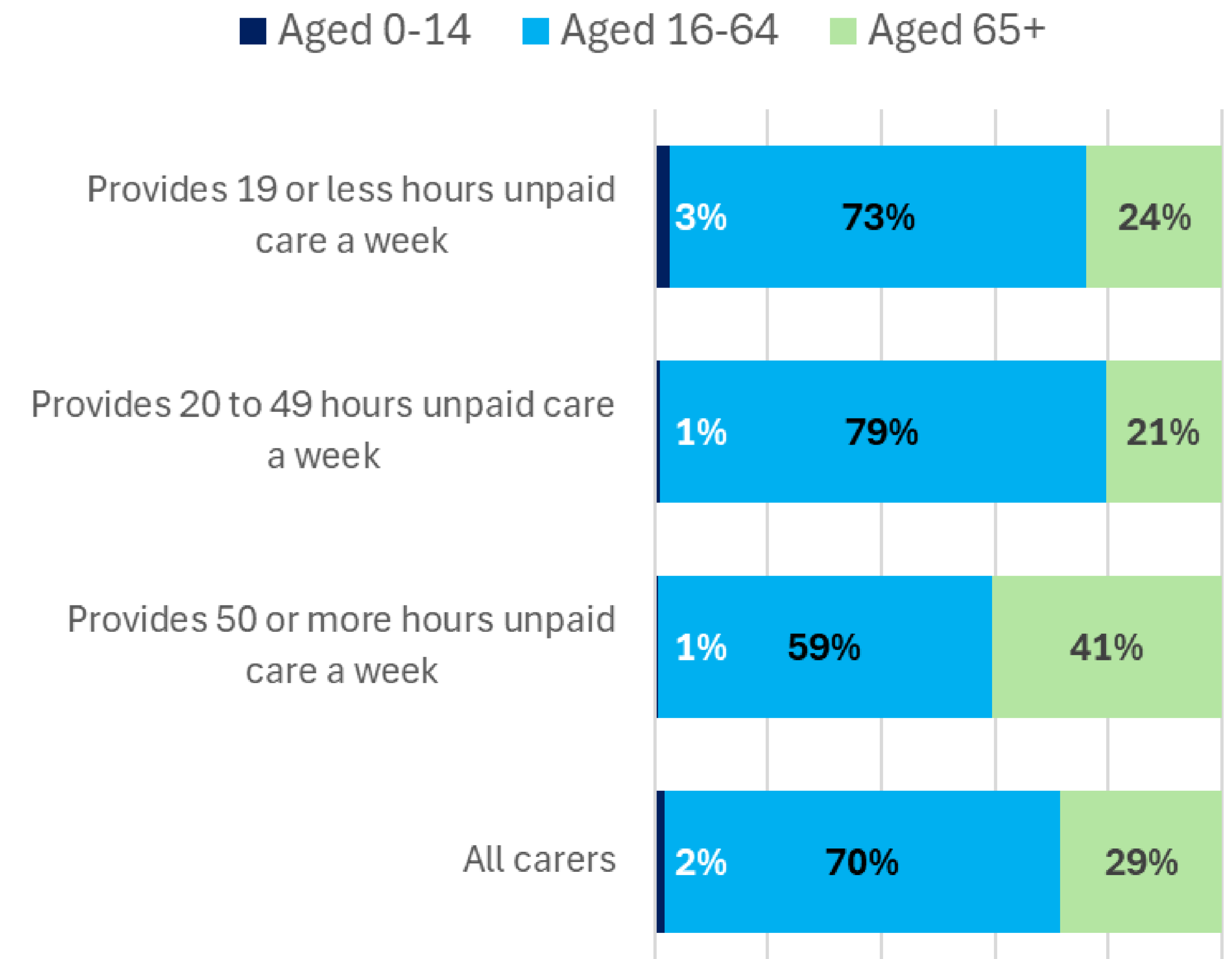
East Team data, 2021 Census data, ONS

1 in 10 people in East Sussex provide unpaid care and Bexhill has the highest overall rate

% of the population providing unpaid care

ASC Team	ASC sub-area	Provides 19 or less hours unpaid care a week		Provides 20 to 49 hours unpaid care a week		Provides 50 or more hours unpaid care a week	
		Number	%	Number	%	Number	%
East	Bexhill	2,135	5.0%	917	2.1%	1,548	3.6%
	Hastings	3,888	4.5%	1,942	2.3%	2,838	3.3%
	Rural Rother	2,509	5.4%	798	1.7%	1,426	3.1%
East Total		8,532	4.9%	3,657	2.1%	5,812	3.3%
East Sussex Total		26,128	5.0%	9,643	1.9%	15,638	3.0%

Carers by age group

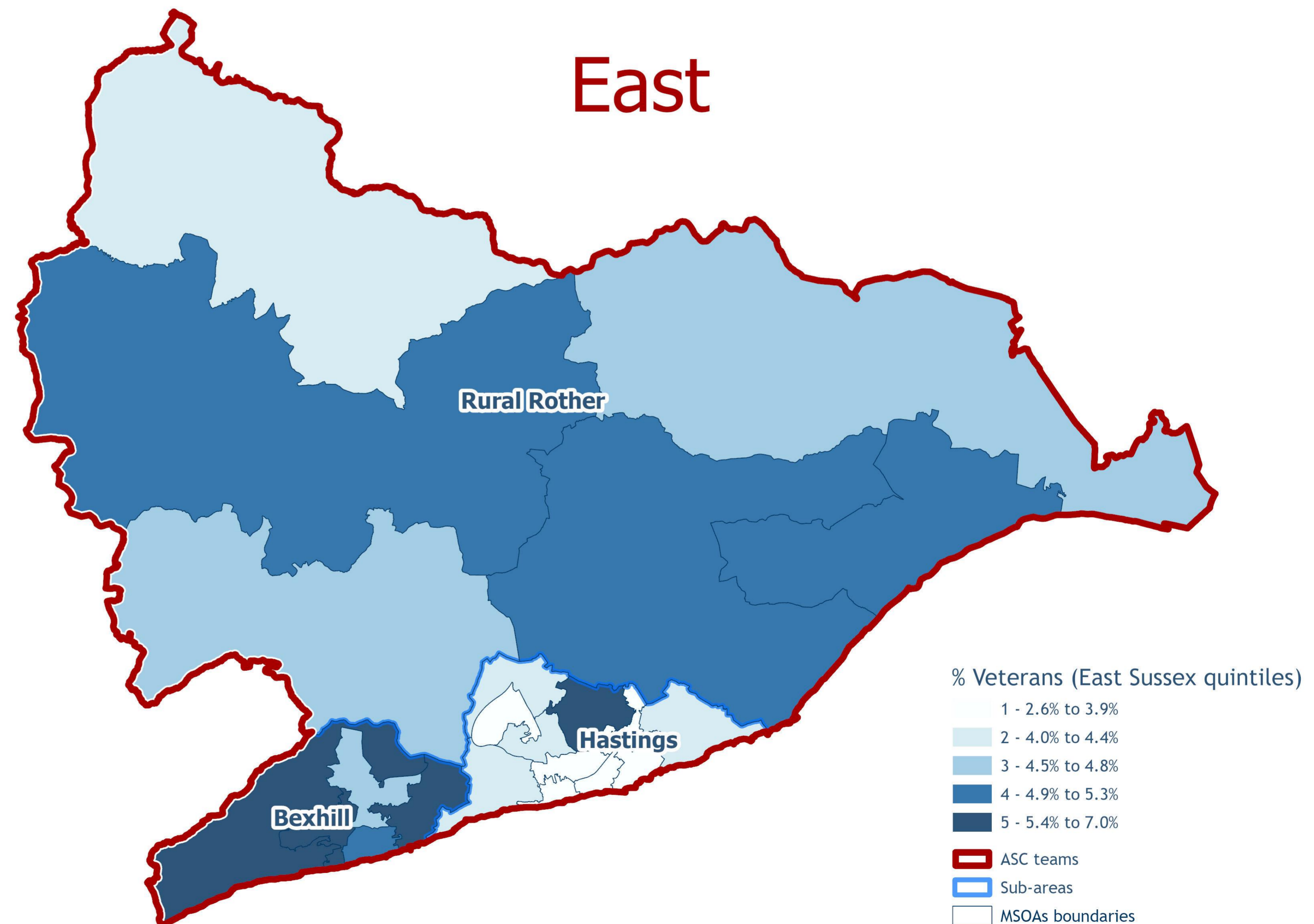


Veterans

Previously served in regular and/or reserve UK armed forces
2021 Census data, ONS

Bexhill has the highest % of the population who are veterans in East Sussex

ASC Team	ASC sub-area	Veterans	% of pop aged 16+
East	Bexhill	2,272	5.9%
	Hastings	2,917	3.9%
	Rural Rother	1,960	4.8%
East Total		7,149	4.6%
East Sussex Total		21,186	4.6%



[East Sussex 2021 Census Briefing: Veterans](#)

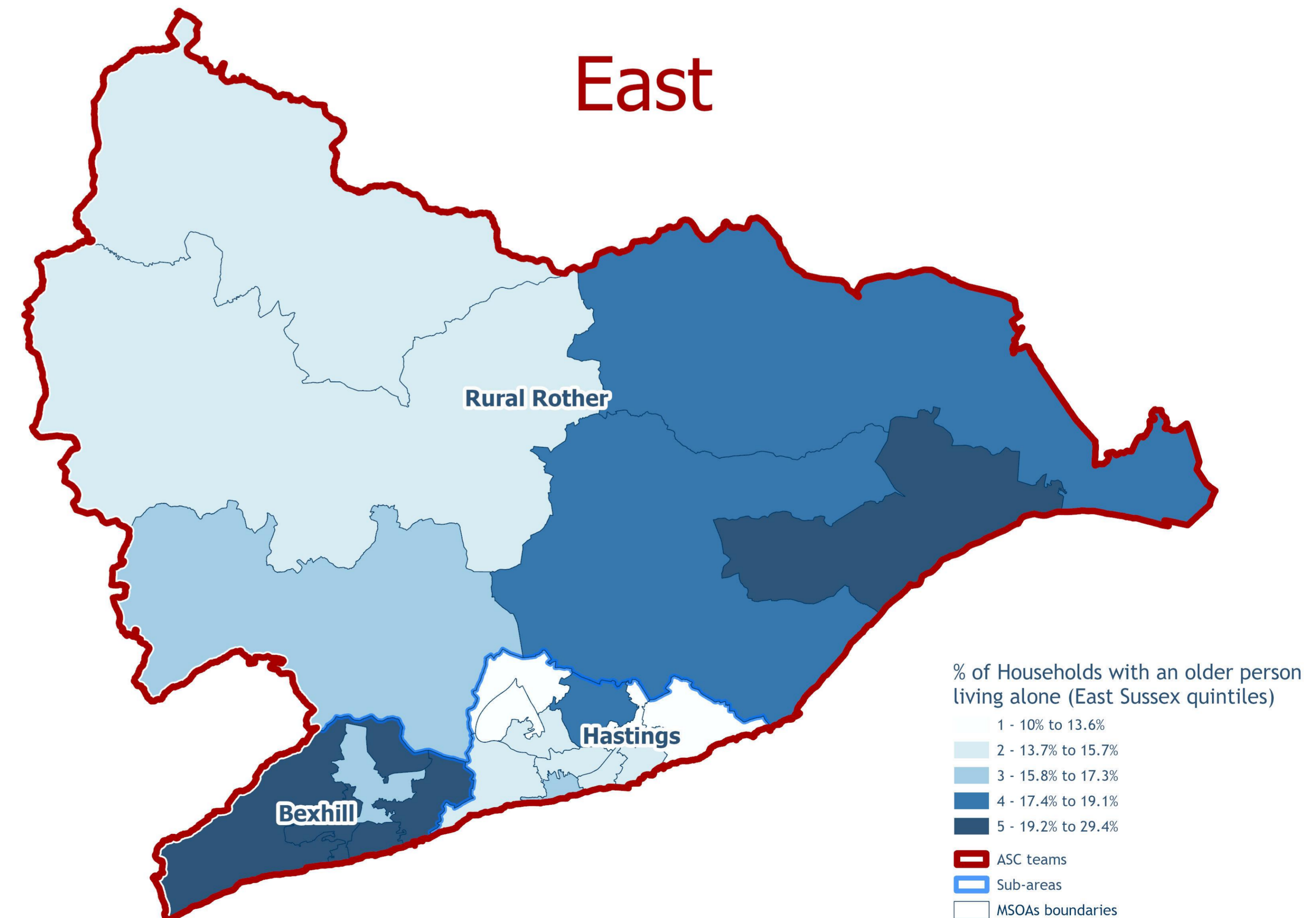
People living alone

Bexhill has the highest % of the population of older people in East Sussex who live alone

2021 Census data, ONS

		One-person household aged 65 and under		One-person household aged 66 and over		
ASC Team	ASC sub-area	All households	Number	%	Number	%
East	Bexhill	21,080	3,015	14%	4,714	22%
	Hastings	40,460	8,411	21%	6,030	15%
	Rural Rother	21,025	2,315	11%	3,670	17%
East Total		82,565	13,741	17%	14,414	17%
East Sussex Total		240,114	35,336	15%	41,300	17%

Older people living alone



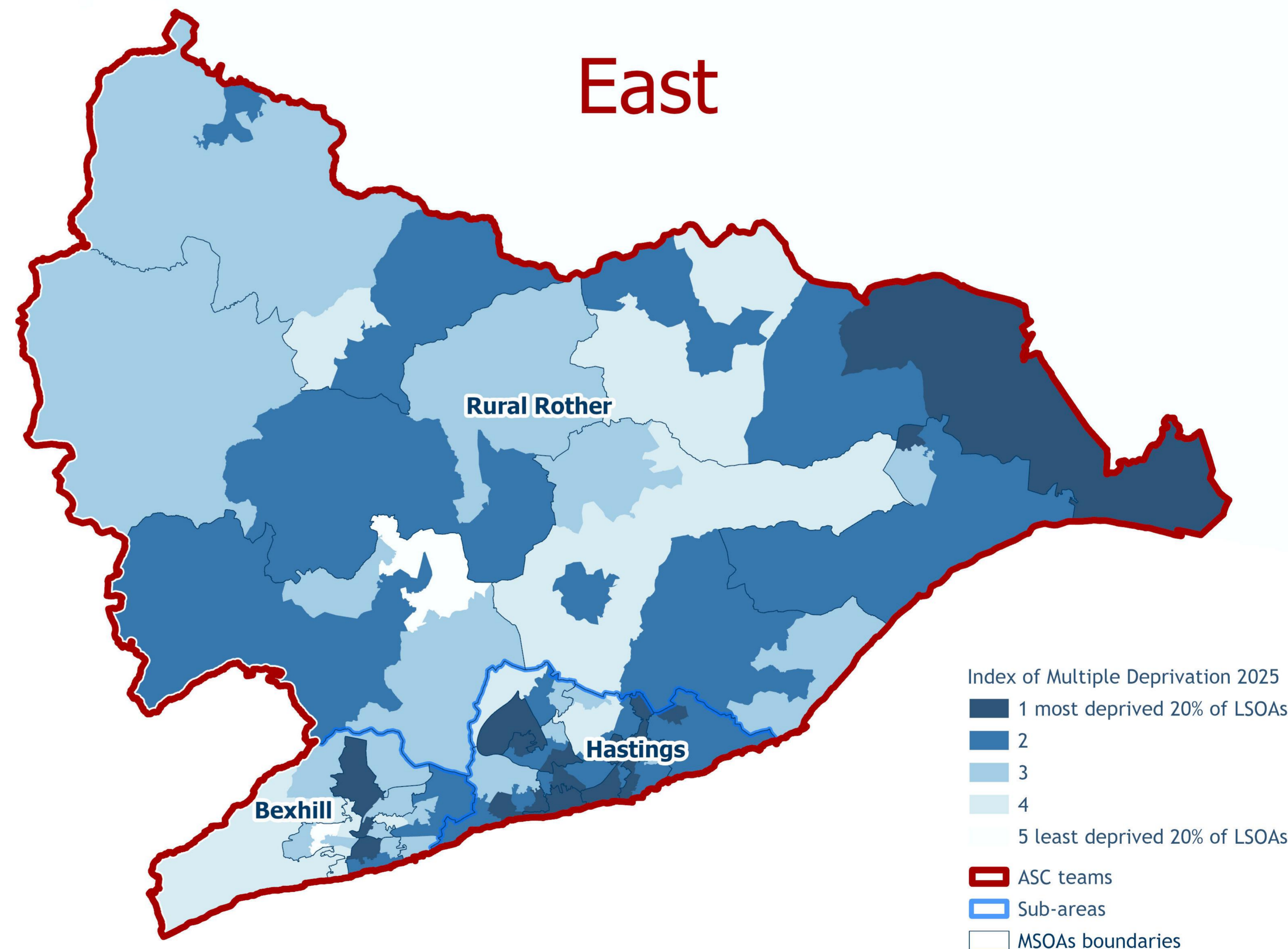
Areas of deprivation

Indices of deprivation 2025

49% of residents in Hastings live in areas defined as being amongst the most deprived 20% of areas in the country.

% of population that live in the most deprived areas

		National deprivation quintiles				
		1 - Most deprived 20% in England	2	3	4	5 - Least deprived 20% in England
ASC Team	ASC sub-area					
East	Bexhill	23%	15%	28%	3%	31%
	Hastings	49%	31%	11%	0%	
	Rural Rother	5%	42%	39%	3%	10%
East Total		31%	30%	22%	2%	15%
Grand Total		15%	22%	22%	14%	26%

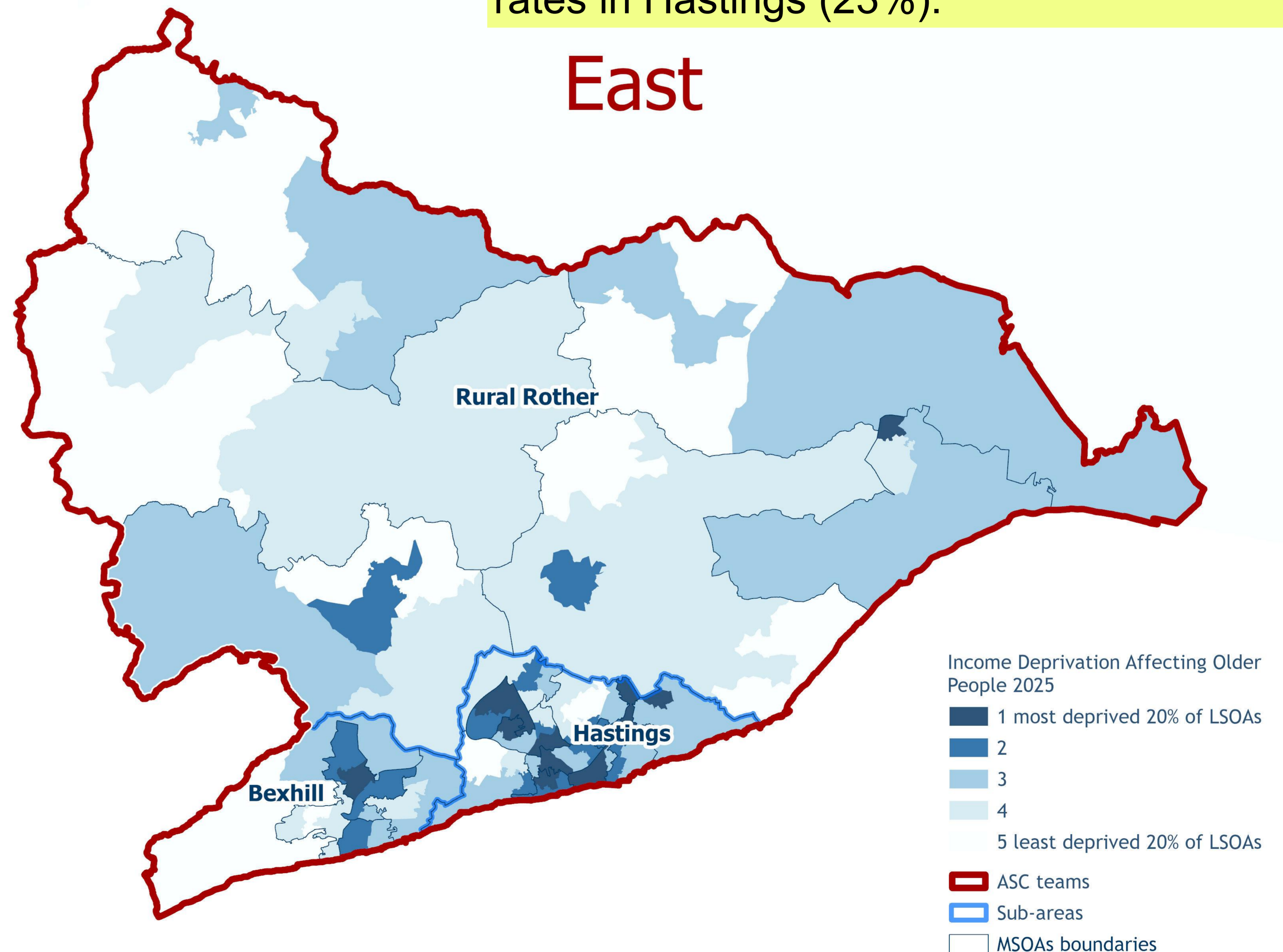


Income Deprivation Affecting Older People (IDAOP) 2025

Percentage of over 60s who are Income Deprived

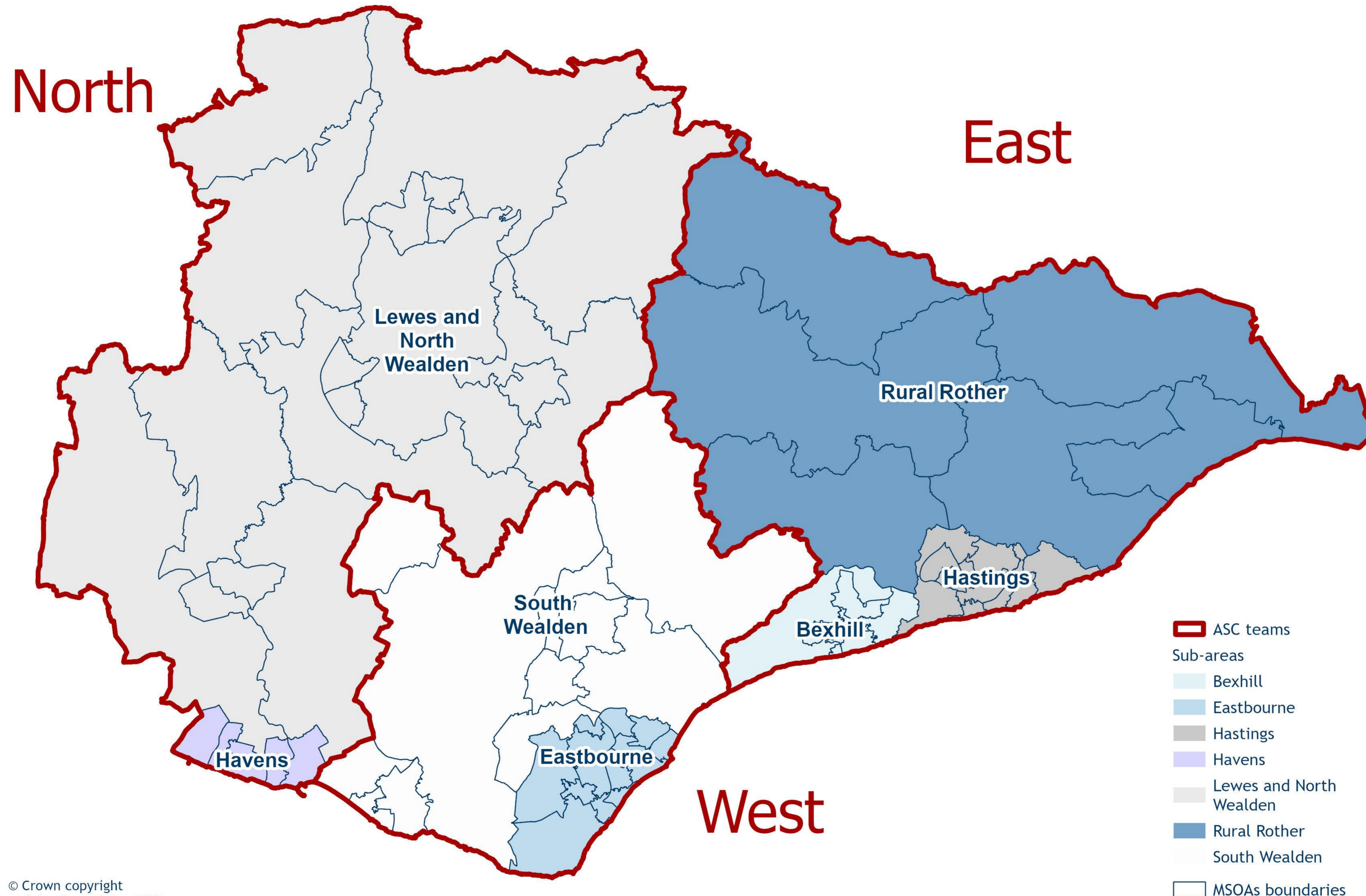
13% of older people in East Sussex are living in income deprivation with highest rates in Hastings (23%).

ASC Team	ASC sub-area	IDAOP Score
East	Bexhill	12.5%
	Hastings	23.4%
	Rural Rother	10.8%
East Total		16.3%
East Sussex Total		13.4%



Appendix 1

Teams and sub-areas



Appendix 2



Appendix 3

MSOAs

MSOA stands for Middle Layer Super Output Area, a geographic unit used in England and Wales for collecting and reporting statistical data. These areas are designed to have a minimum population of 5,000 people

